



REPLY TO  
ATTENTION OF:

**DEPARTMENT OF THE ARMY**  
**HEADQUARTERS, 19TH THEATER SUPPORT COMMAND**  
**UNIT #15015**  
**APO AP 96218-5015**

EANC-GP

07 JAN 2005

**MEMORANDUM FOR SEE DISTRIBUTION**

**SUBJECT: Command Policy Letter #10 - Weigh-in of Newly Assigned Personnel**

1. **PURPOSE.** This memorandum provides my policy and procedural guidance regarding the weigh-in of newly assigned personnel.
2. **APPLICABILITY.** This policy applies to Active Component and Active Guard Reserve (AGR) Soldiers assigned to the 19th TSC in Korea and Des Moines, IA.
3. **GENERAL POLICY.** Soldiers arriving overweight adversely impact the readiness and morale of their newly assigned unit. This disadvantages all Soldiers assigned to the unit. As a result, we lose valuable time and resources from mission requirements to oversee Soldiers on the overweight program.

a. Although assignment instructions direct that Soldiers comply with height and weight standards prior to reassignment, as outlined in AR 600-9, Soldiers still arrive in this command who fail to meet the standards.

b. All newly assigned personnel, enlisted and officers, will be weighed within 72 hours, or 3 duty days, of arrival at their gaining units. Reserve Component personnel assigned to Des Moines, IA will be weighed-in during their first drill attendance in CONUS. Units must tape those who fail to meet the screening table weight to determine body fat percentage. Personnel identified as exceeding the authorized body fat percentage will be properly counseled, flagged, and entered into the Army Weight Control Program IAW AR 600-9.

c. Units will submit a report in writing, identifying new arrivals not in compliance with AR 600-9 to Commander, 19th TSC, ATTN: EANC-GP-PPO. Reports will include a copy of the Body Fat Content Worksheet and PCS orders from the losing unit.

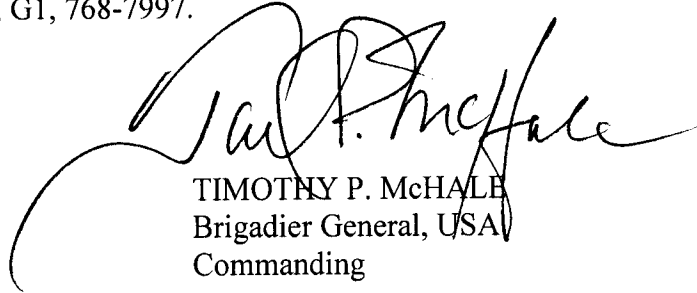
d. Compliance with the Army Weight Control Program will help ensure our Soldiers are fit to perform the demanding duties required of them at all times.

4. **SUPERSESION.** This memorandum supersedes 19th TSC Command Policy Letter #10, 27 Nov 02.

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5. The point of contact is ACoS, G1, 768-7997.



TIMOTHY P. McHALE  
Brigadier General, USA  
Commanding

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